

Wellness Policy Resources

Policy area	Subject	Content	Source
Planning	Coordinated School Health and Child and Adult Nutrition Services Information	Links to all CSH information including Wellness Policy, YRBS and School Profile data	http://doe.sd.gov/oess/schoolhealth/index.asp http://doe.sd.gov/oess/cans/index.asp http://www.state.sd.us/doh/SchoolHealth/index.htm
	Planning for Change	Steps to follow	<i>Changing the Scene</i> – Guide to Local Action – pp 9-14
	Team Nutrition	Comprehensive plan for promoting the nutritional health of school children.	http://doe.sd.gov/oess/cans/nutrition/index.asp
	To gain support – Handouts for... Sample letters	School Superintendents, School Board Members, School Principals, Foodservice Staff, Teachers, Parent, Students, media	<i>Changing the Scene</i> – Support Materials
	Art of Policy Making	How to's and samples, general school health, physical activity, healthy eating.	<i>Fit, Healthy, and Ready to Learn</i> – National Association of State Boards of Education
	Introduction to community, parent, school collaborative efforts to healthy children	Ideas for getting started, information backed with research. Good ideas, good motivator for organizational wellness team meeting	<i>Preventing Childhood Overweight and Obesity</i> – Toolkit- video or DVD format plus handouts
	Sample policies from Natl. School Board Assoc.	Policy making and samples	<i>Fit, Healthy and Ready to Learn</i> under Related Resources in <i>Changing the Scene</i>
	Fact Sheets	Health risks, eating habits,	<i>Changing the Scene</i> – Support Materials
	Presentation materials	Script, overheads, video and brochures	<i>Changing the Scene</i> – Presentation materials, video and brochures
	National Institutes of Health – Stay Young	Portion distortion slides – Excellent motivator!	http://hin.nhlbi.nih.gov/portion
Assess Needs	Assessment Grid	Definitions of Success and checklist	<i>Changing the Scene</i> – Support Material – First section
	CDC's School Health Index	For a more complete assessment	http://apps.nccd.cdc.gov/shi
Nutrition Education Component	Healthy Reading Lesson Plans for Elementary	List of books with lesson plans on nutrition	http://www.tn.fcs.msue.msu.edu/healthyreading.html

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	Nutrition Education	Ideas and activities for planning	<i>Changing the Scene</i> – Guide to Local Action – pp 24-26
	The Facts: Nutrition and Learning	Handout of Facts	<i>Changing the Scene</i> – Support Materials
	Dole 5 a Day	Teacher and student ideas for the classroom	www.dole5aday.com/
	My Pyramid: Steps to a Healthier You	Excellent, new site, My Kids pyramid; interactive	www.mypyramid.gov/
	Team Nutrition materials	Excellent variety of downloadable materials	www.teamnutrition.usda.gov/library.html
	Fruit and Veggie Letters	For bulletin boards, all letters of the alphabet	http://office.microsoft.com/clipart/results.aspx?lc=en-us&Scope=MC&Query=style+428
Physical Education Component	South Dakota Walks	Motivation for your students to incorporate physical activity into their everyday lifestyles. Incentives available	http://doe.sd.gov/oess/schoolhealth/sdwalks
	Lewis and Clark Journal of Physical Activity	SD Dept. of Health and SD State Parks sponsored journal entries for physical activity, free pedometer.	http://www.state.sd.us/doh/lewis&clark.htm
	The Facts: Physical Activity	Handout of facts	<i>Changing the Scene</i> – Support Materials
	Policies to Encourage Physical Activity	PE, physical activity, extracurricular, Ideas and policy	<i>Fit, Healthy, and Ready to Learn</i> – National Association of State Boards of Education
	Physical activity energizers for the classroom	Related to science, math, reading, social Studies, grades K-5 and Middle School	<i>Minds in Motion</i> – South Dakota Coordinated School Health605-773-3261 http://doe.sd.gov/oess/schoolhealth/mindsinmotion
Other School-Based Activities Component	Alternatives to Using Food As A Reward	One page , ideas	www.tn.fcs.msue.msu.edu/foodrewards.pdf
	Other Healthy Food Options	Explanation and activities	<i>Changing the Scene</i> – Guide to Local Action – pp 18-20
	The Facts: Competitive Foods	Handout on Fund raisers, vending machines, al a carte; Op ed on vending machines	<i>Changing the Scene</i> – Support Materials
	Smart Fundraisers for Healthy Schools	Web sites and ideas	http://www.tn.fcs.msue.msu.edu/toolkit.pdf p. 19-20

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	Setting a Healthy Snack Policy	One page, ideas	http://www.dole5aday.com/Teachers/ClassroomResources/Instructional/T_HealthySnack.jsp
	Healthy School Parties	Two page handout to send home to parents	http://www.tn.fcs.msue.msu.edu/toolkit.pdf
	Healthy School Stores	One pages, suggestions	www.tn.fcs.msue.msu.edu/toolkit.pdf p.18
	The Power of Choice	After school program ideas	http://teamnutrition.usda.gov/Resources/power_of_choice.html
	Healthy Fundraising	Ideas and handout – 2 pages	<i>Preventing Childhood Overweight and Obesity Toolkit</i> – Print materials p10-11
	Vista CA Healthy Vending	Description with PPT. on initiating a healthful vending program.	www.vusd.k12.ca.us/cns/healthyvending.htm
	Healthy Parent, Teacher, Staff Meetings	One page, suggestions	http://www.tn.fcs.msue.msu.edu/toolkit.pdf p. 22
	Fundraising, Student Rewards, Competitive foods, vending contracts, Staff Wellness	Success stories from the field	<i>Making It Happen</i> – See Table of Contents, numerous stories.
Nutrition Standards Component	Pleasant Eating Experience	How to's	<i>Changing the Scene</i> – Guide to Local Action – pp 21-23
	Guidelines – What is Healthy Food	Complete lists of foods, varies by ages from Montana	www.opi.mt.gov/pdf/Schoolfood/nutritiousense/WhatsHealthy.pdf
	Team Nutrition – Fruits and Vegetables	Food service promoting fruits and veggies. Rejuvenate school cafeteria	http://teamnutrition.usda.gov/Resources/fv_galore.html
	Quality School Meals	How to's	<i>Changing the Scene</i> – Guide to Local Action – pp 15-17
	USDA School Meals Programs	Handout info	<i>Changing the Scene</i> – Support Materials
	Standards for snacks, beverages, a la carte	Healthy Choices, all venues	http://www.tn.fcs.msue.msu.edu/toolkit.pdf . 10-14
	School Meals – The Right Choice	Quick basic on how the School Lunch and Breakfast programs work	<i>Preventing Childhood Overweight and Obesity Toolkit</i> – Print materials p 6-7
	A la carte ideas, nutrition policy and standards	Success stories from the field	<i>Making It Happen</i> See Quick Reference Guide – Numerous examples

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	Competitive Foods	Deals with issues of food sales at school, al a carte	<i>Preventing Childhood Overweight and Obesity Toolkit</i> – Print materials p 8-9
Implement the plan	Marketing	Who to target, use of media	<i>Changing the Scene</i> – Guide to Local Action – pp 27-37
	Marketing techniques	Success stories from the field	<i>Making It Happen</i> – See Table of Contents, numerous stories.
Measure Success			